

Celebrating 40 Years

DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging

VOLUME XXVI, ISSUE 11

A newsletter for D.C. Seniors

November 2015



DEPUTY MAYOR'S MESSAGE

By Brenda Donald

Deputy Mayor for Health and Human Services
Interim Director, D.C. Office on Aging

November is National Family Caregivers Month and National Alzheimer's Disease Awareness Month. At the D.C. Office on Aging (DCOA), we value and appreciate the effort and time that all caregivers put into taking care of their loved ones. Their sacrifice, support and love give seniors and persons living with disabilities the opportunity to age in their own communities.

According to the Caregiving Action Network, 95 million people — 39 percent of the U.S. population — provide care for a chronically ill, disabled, or aged family member or friend. The Alzheimer's Association states more than 15 million are caregivers for individuals who suffer with Alzheimer's or dementia.

We want to make sure you know about the many valuable services DCOA provides not only to seniors and persons 18 to 59 who are living with disabilities in the District of Columbia, but also to their caregivers. We know these services go a long way in helping residents remain in the community for as long as possible.

Alzheimer's Disease Initiative

The D.C. Office on Aging's Alzheimer's Disease Initiative was launched in 2014 to expand supportive services for individuals with Alzheimer's disease and related dementia (ADRD) and their caregivers, and individuals with ADRD living alone. DCOA offers the following programs:

Memory Care Page

Check out DCOA's Memory Care Page for up-to-date information on resources and programs for individuals with Alzheimer's disease and related dementia. You will find the District's first-ever Alzheimer's State Plan, new pilot programs, and educational resources to assist you and your loved one experiencing dementia.

Saturday Respite

DCOA's Saturday Respite Program gives a four-hour break to caregivers of individuals with Alzheimer's disease-related disorders, and of people with dementia, which includes adults with Intellectual/Developmental Disabilities. Participants engage in interactive

and stimulating activities with other participants and program volunteers.

Citywide Money Management Program

Iona Senior Services Citywide Money Management Program provides skill building and representative payee services to those living alone with ADRD. This program assists with maintaining participants' placement in the community, reduces the need for nursing home placement, and minimizes the risk for financial exploitation.

Club Memory

DCOA continues to expand Sibley Memorial Hospital's "Club Memory" program across the city through DCOA's six Senior Wellness Centers. Club Memory is a stigma-free social club for people with early-stage Alzheimer's, Mild Cognitive Impairments, or other forms of dementia, and their spouses, partners and caregivers.

Behavioral Symptom Management Training Program

DCOA hosts our Behavioral Symptom Management Training Program throughout the year for professional and family caregivers. This program promotes understanding of ADRD, how to navigate long-term care options, and managing behavioral issues.

I also encourage each of you to inquire about other supportive services within our Senior Service Network. These include: Adult Day Health Centers, Flex Spending/Respite Relief Program, case management services, and linkage to several in-home support services. For more information about these and other programs, please contact the DCOA Information Referral and Assistance unit at (202) 724-5626 or visit our website at www.dcoa.dc.gov.

Caregivers work tirelessly to provide care for their loved ones day in and day out. We want to make their job a little bit easier by ensuring that they are armed with the tools to provide care, and that they receive the necessary respite to keep themselves healthy, too. During National Family Caregivers Month, I encourage you to salute and thank the caregivers in your life. My hat goes off to each and every one of them!

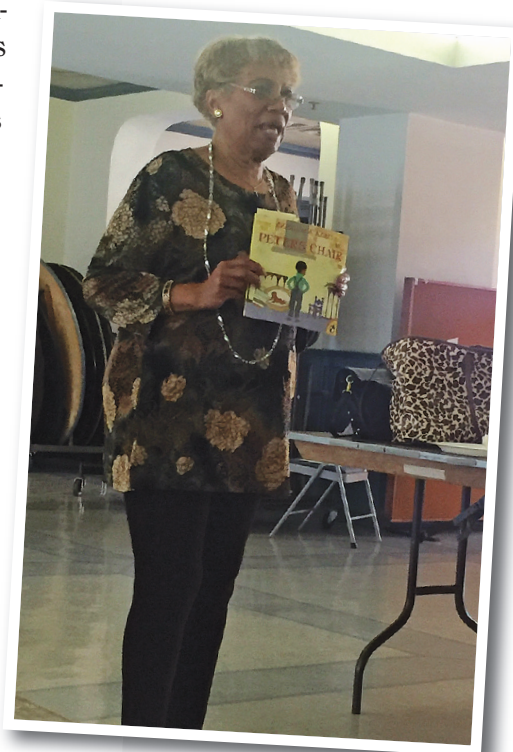
Jumpstart for Young Children Partners with DCOA

Community Corps engages older adult volunteers in service to young children. Community Corps members are partnered with children at under-resourced preschools to deliver this innovative program.

In spring of 2013, Jumpstart for Young Children D.C. launched the Community Corps program to expand its reach beyond its five university partners to support even more young children and partner with the D.C. Office on Aging.

Leveraging the culture of commitment and service of older adults in our target communities allows Jumpstart to deliver significantly more service potential in Washington, DC. Over the course of the academic year, Community Corps members commit 200 hours of service to their community at Noyes and Langdon Elementary Schools.

Pictured, Corps Members are currently going through an extensive two weeks of pre-service training before entering classrooms to impact and inspire the lives of preschoolers the first week of November.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

Qs and As About Medicare Open Enrollment

What’s the Medicare open enrollment period?
Medicare health and drug plans can make changes each year — things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all

people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.
How do people know if they need to change plans?
People in a Medicare health or pre-

scription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following

year. If they’re satisfied that their current plans will meet their needs for next year and it’s still being offered, they don’t need to do anything.
Where can people find Medicare plan information or compare plans?
1-800-MEDICARE or Medicare.gov.



D.C. Office on Aging Services

Lead Agencies

Office on Aging Lead Agencies provide caregiver support, case management, respite care, and provide supplies for caregivers in the District. To find out more, contact the agency in your ward for details.

Terrific Inc.
1222 T St. NW, D.C. 20009
Service Area: Ward 1
202-387-9000

IONA Senior Services
4125 Albemarle St. NW, D.C. 20016
Service Area: Wards 3, Foggy Bottom
202-966-1055

Terrific Inc.
1220 L St. NW, Ste 800, D.C. 20036
Service Area: Ward 2
202-595-1990

Terrific Inc.
418 Missouri Ave. NW, D.C. 20011
Service Area: Ward 4
202-882-1824

Seabury Ward 5 Aging Services
2900 Newton St. NE, D.C. 20018
Service Area: Ward 5
202-529-8701

Seabury Ward 6 Aging Services
901 A St. NE, D.C. 20002
Service Area: Ward 6
202-397-1725

East River Family Strengthening Collaborative
3917 Minnesota Ave. NE, D.C. 20019
Service Area: Ward 7
202-534-4880

Family Matters of Greater Washington
4301 9th St. SE, D.C. 20032
Service Area: Ward 8
202-562-6860

Adult day care services

Adult day care programs provide specialized care for dependent individuals at risk of going into an institution. Services may include medical, social, therapeutic and recreational support in a supervised setting. Meals and transportation are provided. There is no fee for service. However, donations are encouraged.

Center Care Day Treatment Program
Washington Center for Aging Services
2601 18th St. NE, D.C. 20018
202-541-6150 / 202-541-6153

Downtown Cluster’s Day Care Center
Asbury Methodist Church
926 11th St. NW, D.C. 20002
202-347-7527

Genevieve N. Johnson Senior Day Care Program
4817 Blagden Ave. NW, D.C. 20011
202-723-8537

Isabella Breckinridge Center
4125 Albemarle St. NW, D.C. 20016
202-895-0238

Healthcare/in-home support

Healthcare and in-home support services are provided to help seniors in the community maintain their independence and avoid premature institutionalization. Call for further information.

AL-CARE
1234 Massachusetts Ave. NW
Suite C, D.C. 20005
202-638-2382
Fax: 202-638-3169

DC Caregivers’ Institute
1234 Massachusetts Ave. NW
Suite C-1002, D.C. 20005
202-464-1513
Fax: 202-638-3169

East River Family Strengthening Collaborative Heavy Housecleaning
3917 Minnesota Ave. NE
D.C. 20019
202-534-4880
Fax: 202-388-7691

George Washington University Health Insurance Counseling
650 20th St. NW
D.C. 20052
202-994-6272

Home Care Partners
1234 Massachusetts Ave. NW
Suite C-1002, D.C. 20005
202-638-2382

Interfaith Caregivers Program (S.O.M.E.)
1667 Good Hope Rd. SE
D.C. 20020
202-797-8806 Ext. 1304

UDC - Institute of Gerontology Respite Aide Program
4200 Connecticut Ave. NW
Building 32, Rm. 203, D.C. 20008
202-274-6623

Washington Center for Aging Services (Respite)
2601 18th St. NE, D.C. 20018
202-541-6200

Seabury Connector transportation services

Seabury Connector takes Washington, DC residents age 60 and older where they need to go, such as: medical appointments, including dialysis and cancer treatment; social service agencies that can assist with gaining access to public benefits such as Social Security, housing assistance and the Supplement Nutrition Assistance Program (SNAP); and group shopping trips for 10 or more.

Seabury Connector Transportation
2601 18th St. NE, D.C. 20018
Reservations: 202-727-7771

Downtown Cluster's Geriatric Day Care Center

The Legacy of Quality, Compassionate Care Continues, 40 Years and Still "Aging Strong"

Many caregivers in the District who are working, raising families and providing care at home for older adults turn to Adult Day Care Programs for assistance. Downtown Cluster's Geriatric Day Care Center has been providing quality, life sustaining services to frail older adults in the District for 40 years.



Honoree Roberta Flack is pictured with Downtown Cluster's Geriatric Day Care Center Executive Director Thomye Cave at the 40th anniversary gala for the center.

The vision started with Elois H. Jones. As chair of the Downtown Cluster of Congregations, Jones brought to them the idea of starting a geriatric day care when news reports and articles about countless seniors abandoned and stripped of their identification on street corners and emergency rooms surfaced. Rev. Jack McClendon, then pastor of New York Presbyterian Church, was also very instrumental in the early days and during the development of the center. The first funds were received after a grant submission to the Office on Aging in 1975, the same year the agency was created as a stand-alone entity.

"We thought maybe [seniors were being abandoned] because they couldn't work and care for their loved ones, and thought that if there was appropriate healthcare available that it would be a help to them," said Jones about the vision for the center. "It is going to be needed more and more in the future."

Downtown Cluster's recently celebrated their 40th Anniversary with a benefit gala at the Washington Naval Catering and Confer-

ence Center. Hundreds gathered to attend the event, including participants and their family members, many dressed in their after-5 attire, sparkling and shinning in rhinestones and sequins and dressy suits and tuxedos. The event included a silent auction with vacation packages, tickets to sporting events, artwork and jewelry. Caregivers also spoke, providing words of thanks to the center for the care their loved ones received daily. Awards were also given to persons labeled as "Unsung Heroes" for their commitment and service to the center.

A special honored guest at the event was the Grammy Award winning artist Roberta Flack, who spoke of her work in the community and with the arts during her acceptance. Aisha Karima, director of Community Affairs for NBC4 Washington and Mistress of Ceremonies for the event, was honored for her commitment to the Downtown Cluster's and her efforts to get the message out about the center.

Other Unsung Heroes included Ann Gilliard, Moretha Johnson, Alana Prince and Li Thompson. The Board of Directors also surprised Executive Director Thomye Cave with an Unsung Hero Award, flowers and a monetary gift for her leadership and sacrifice over the years. They also surprised her by having all four of her children and their spouses at the event, the furthest coming from Miami, Fla., to celebrate with their mother.

Also during the gala, the future Elois H. Jones Therapeutic and Aging Services, Inc., named after the 90-year-old founder, was announced. "I am very honored that they even thought about it. I hope that it helps take the message out throughout the community that we are here and not going any place," said Jones proudly. "If we had a building of our own, than we could expand our care. We have always shared a space."

The center has been looking to expand, but real estate in the area is very costly, and they have not seen anything that fits the program or is in their price range. The center currently shares space in Asbury United Methodist Church, located at 926 11th St. NW, where the pastor is Rev. Dr. Ianther M. Mills. Its former home since inception was Mt. Vernon Place United Methodist Church.

Like her own mother, "a very hands-on

parent," Jones oversaw the development of the center and through its ups and downs worked closely with its progress, serving as Chairman of the Board for many years until she faced some health challenges. The Lexington, Miss., native's parents moved to the District so that Jones could attend Howard University as a music major. "They had to be here so my mother could tell me when to come home," said Jones, explaining her mother's hands-on nature.

The pianist, who could read music but "couldn't always feel it," found love and got married, raising four daughters. She started her employment career with the Veterans Administration and worked for several agencies within the federal government. She also worked for several years for a community health foundation that received funding from Health, Education and Welfare, now the federal government agency Health and Human Services. For many years, Jones served on the executive board of Sibley Hospital in addition to her duties as Chairman of the Board at Downtown Cluster's.



Elois H. Jones helped launch Downtown Cluster's Geriatric Day Care Center 40 years ago and was honored at the center's recent gala.

"Being in existence since 1975, I think God has to have something to do with it," said Jones when talking about the center. "I



Unsung Hero Aisha Karimah (center) is presented with an award. Also pictured are (left to right) Thomye Cave, executive director of Downtown Cluster's Geriatric Day Care Center; James Nero, treasurer of the Board of Directors; Elois H. Jones, chairperson of the Fundraising Committee; and Lisa Hawkins, president of the Board of Directors.

am very proud and very happy that we have lasted so long when so many others have come and gone."

Jones is also very proud of the leadership of the executive director, Thomye Cave. The center has art, occupational, physical and recreational therapies in the regular programming for the participants, who are aged 61 to 100 years young. There are also various support programs available for caregivers and family members, including youth ages 9 to 21 years of age. The center has been recognized three times by the Catalogue for Philanthropy as one of D.C.'s Best Small Charities (for 2004, 2010 and 2014). They have also been selected twice as Community Hero by WUSA News 9.

"It has been a great place for people to come when they need help," concluded Jones.

She recently published a book of poetry, *Second Choice*, written by her friend Gaynelle Evanti Reed Lewis. She and her friend both enjoyed poetry and helped each other with the writing over the years. Each agreed that whoever died first would publish the other's work. In May, Jones was able to come through with that promise, and the book is now available on Amazon.

For more information on programs funded by the D.C. Office on Aging and provided at Downtown Cluster's Geriatric Day Care Center, call 202-347-7527.

Caregiver Conversations

Seabury Resources for Aging and Sunrise on Connecticut offer Caregiver Conversations each month at Sunrise on Connecticut Avenue (5111 Connecticut Ave. NW).

This month's conversation will take place from 7 to 8 p.m. on Thursday, Nov. 19, and next month's will be from 7 to 8 p.m. on Thursday, Dec. 17. In 2016, the regular monthly conversations will move to the fourth Thursday of each month.

These sessions are for anyone caring for a family member or friend with dementia. The conversations are participant driven, though there is a potential topic for each meeting. Please join us to share experiences and resources. Each conversation is led by one of Seabury's geriatric care managers.

For more information, call 202-364-0020.

Caregivers Respite Escort Service for Transportation (CREST)

Caregivers Respite Escort Service for Transportation (CREST) provides free assistance to D.C. residents 60 years of age or older who need help preparing for, and traveling to and from, medical appointments.

Space is limited and should be scheduled at least five to seven days in advance.

Clients arrange for transportation, such as through Seabury Connector or MetroAccess, that allow aides to ride for free (if taking bus/cab, client must pay for the aide's fare).

Call 202-0638-2382 for more details.

Community Calendar

November

3rd • 9 a.m. to 5:30 p.m.

DCOA's informational table of resources and services geared toward area seniors will be available in the cafeteria at the U.S. Post Office located at 9201 Edgewood Dr. in Capitol Heights, Md. For more information, contact Alice A. Thompson at 202-535-1321.

3rd • 10 a.m. to 1 p.m.

Adas Senior Fellowship invites you to a Community Wellness & Informational Fair for resources and flu shots. This event will take place at 2850 Quebec St. NW. For more information, contact Alice A. Thompson at 202-535-1321.

4th • 9 a.m.

Seabury Ward 5 is having an Advisory Council Meeting at 2900 Newton St. NE. For more information, call 202-529-8701

5th • 10 a.m. to 2 p.m.

Ward 4 Councilmember Brandon Todd will give the State of the Ward 4 Senior Address at Riggs-LaSalle Recreation Center, located at 501 Riggs Rd. NW. For more information, contact Alice A. Thompson at 202-535-1321.

5th • 6 a.m. to 5:30 p.m.

DCOA's informational table of resources and services geared toward

area seniors will be available in Room 2800 at the Curseen-Morris Postal Facility, located at 900 Brentwood Rd. NE. For more information, contact Alice A. Thompson at 202-535-1321.

5th to Dec. 17 • 4 to 6 p.m.

Iona Senior Services invites you to "Take Charge of Your Aging 101" at 4124 Albemarle St. NW. In the six-week course, experts will explain meaningful choices in retirement, financial and estate planning, brain and memory fitness, emotional wellness, creative and long-term care housing options, and nutrition. The cost is \$110, but scholarships may be available. For more information, contact Emily Lootens at elootens@iona.org or 202-895-9420.

12th • 10:30 a.m. to 3 p.m.

The D.C. Office of Disability Rights is hosting the 2015 Disability Awareness Exposition at Kennedy Recreation Center, located at 1401 7th St. NW. For more information, contact Kali Wasenko at Kali.Wasenko@dc.gov or 202-481-3880.

13th • 10 a.m.

MedStar presents a colon and rectal seminar and screening at the Seabury Resources for Aging's Center for the Blind & Visually Impaired, located at 2900 Newton St. NE. For more information, call 202-529-8701.

14th • 9:30 a.m. to noon

Free legal workshop on life and death issues. Hear individuals from the DC Office on Aging, private attorneys, and a legal clinic from Catholic University Law School discuss estate planning, advanced medical directives, reverse mortgages, end-of-life planning, public benefits and more, at Nativity Catholic Church, 6001 13th St. NW.

14th • 9 a.m. to 1 p.m.

Gethsemane Baptist Church Women's Ministry is hosting a Community Health, Wellness & Informational Fair at 5119 4th St. NW. For more information, contact Alice A. Thompson at 202-535-1321.

17th • 6 a.m. to 5:30 p.m.

DCOA's informational table of resources and services geared toward area seniors will be available in the conference room in Bethesda-Westlake Postal Facility, located at 10421 Motor City Dr., Bethesda, Md. For more information, contact Alice A. Thompson at 202-535-1321.

21st • 9 a.m. to 2 p.m.

First Rising Mt. Zion Baptist Church is holding its 11th annual Community Fair & Pre-Thanksgiving Dinner. This event will take place at the Overlook, located at 602 N St. NW. For more information, contact Alice A. Thompson at 202-535-1321.

23rd • 10 a.m. to 2 p.m.

The 2nd Annual Community Health, Wellness & Informational Fair will take place at the Model Cities Senior Wellness Center, located at 1901 Evarts St. NE. For more information, contact Alice A. Thompson at 202-535-1321.

25th • 9:30 a.m. to 1 p.m.

Safeway and other community partners will provide a free Thanksgiving meal for in-need families and residents, following a job fair and health screenings, at the metro-accessible Washington Convention Center, located at 801 Mt. Vernon Pl. NW. Free bus transportation will also be available. For more information, contact Alice A. Thompson at 202-535-1321.

Save the Date!

Mayor's Annual Senior Holiday Celebration

Thursday, December 10 • 10 a.m. to 2 p.m.

D.C. Armory | 2001 E. Capitol St. SE

SPOTLIGHT ON AGING

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al or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

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**"HOW ARE YOU?"
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FRIDAY
NOVEMBER 20, 2015
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